

## **Historic, archived document**

Do not assume content reflects current scientific knowledge, policies, or practices.





1.8  
#75N  
1946

# PROTEIN builds muscles, blood; is needed for growth

THREE RATS FROM SAME LITTER, 11 WEEKS OLD



MEAT  
POULTRY  
FISH



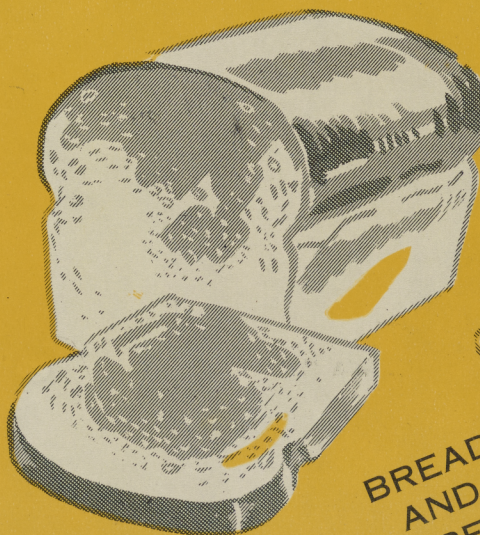
EGGS



MILK, ALL FORMS



CHEESE



BREAD  
AND  
CEREAL

DRY BEANS, PEAS

SOYBEANS

NUTS



This rat ate foods that furnished good quality protein, but not enough. It weighs only 70 grams.



This rat ate foods that furnished plenty of protein, but not the right combination to give good quality. It weighs only 65 grams.



This rat had plenty of good quality protein from a variety of foods. It has good fur, well-shaped body, and weighs 193 grams.